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A

FEMALE PHYSICIAN

TO THE

LADIES OF THE UNITED STATES:

BEING

A Familiar and Practical Treatise

ON MATTERS OF UTMOST IMPORTANCE
PECULIAR TO WOMEN.

ADAPTED FOR

EVERY WOMAN'S OWN PRIVATE USE.

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¹⁴
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"Experience is the best Teacher."

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CONTENTS.

	[Page.
INTRODUCTORY REMARKS,.....	5
CHAPTER I.—General Remarks on the Peculiar Constitution of Woman,....	17
CHAPTER II.—Menstruation,.....	21
CHAPTER III.—Indications of Menstrual Commencement,.....	23
CHAPTER IV.—Derangements to which the Menstrual Function is liable,....	27
CHAPTER V.—Suppression or Interruption of the Menses,	32
CHAPTER VI.—Painful Menstruation,.....	36
CHAPTER VII.—Child-Birth—the Sick Room and its duties,	39
CHAPTER VIII.—Premature Delivery,.....	48
CHAPTER IX.—Prolapsus of the Uterus, or Falling of the Womb,.....	54
CHAPTER X.—Leucorrhœa, or Whites,.....	58
CHAPTER XI.—Decline of the Menses and Change of Life,.....	69
CHAPTER XII.—Pruriginous Itching of the External Organs of Generation, etc.,.....	79
CHAPTER XIII.—Remarks to Nurses on the Management of Lying-in Women, 81	
CHAPTER XIV.—Some Observations to Mothers touching the Early Moral Instruction of their Children,.....	88
CHAPTER XV.—A Word for the Comfort of Elderly Ladies,.....	92
CHAPTER XVI.—The Private Hospital of the Authoress,.....	95
CHAPTER XVII.—Conclusion—Hints to Married Ladies—Suspicion and Jealousy—Economy, and the Management of Servants—Management of Children—Order and Neatness,.....	99

INTRODUCTORY REMARKS.

IN offering to the ladies of the United States a new book on the subject of diseases peculiar to their sex, the authoress feels no hesitancy in averring that no considerations but those affecting the well being and happiness of the suffering, have a place in her heart. After a woman's experience of three score years, and a medical practice of thirty, she can surely claim something more of knowledge than ordinarily falls to the lot of female or other physicians. No woman can be ignorant of her own feelings, and if they are remembered, cannot fail to use them advantageously as keys,—as means of investigation in cases of diseases she herself has passed through. Only a woman can know what woman has suffered, or is suffering. She is, as it were, the traveler retracing his steps in the hamlet of

his youth, and well known marks of disease meet her at every turn ; familiar is she with every by-way and sensation. Thus the female physician must necessarily possess sources of knowledge denied and inaccessible to the most studious and skillful man, as one who has never felt the pain of a diseased tooth would be utterly unable to comprehend the full agony of the suffering by any recital of the patient or any personal exhibition of the torture.

The woman, as the wife, mother or daughter, claims something more than the mere description of her diseases, something more than a recital of their treatment. In the guidance of her woman-life she needs all the light that science has afforded, joined to a personal knowledge derived from facts, symptoms and feelings, personally known, suffered and felt. It is the importance of these considerations that impels the writer to advance the claims of the female physician. The amount of relief, and above all, the mental ease a woman can give another in sickness, where implicit confidence exists, are so great as to merit a thorough discussion, and the importance of the obvious aid so bestowed, will in all cases serve to

establish the (to the writer, at least,) self-evident truth, that in the majority of diseases peculiar to women, no one but a woman educated in medicine, is the proper physician—and the time has gone by when a sneer is an argument—when in answer to an exposition of an obvious truth the intensely witty remark is made “Women act only from impulse, and judge from whim.” Miss Mary Somerville, and hosts of others, were and are shields impervious to the spear of ridicule. The sneer, “who reads an American book?” only equals “what can a woman know, and how can she reason?”

No attempt has hitherto been made to give, in a popular manner, a woman’s skill and knowledge of her sex to others, and no apology is deemed called for in the production of this work, which shall, to the authoress’s best ability, fill the void thus left. In the treatment of her subject she has endeavored to avoid all terms that would be liable to confuse the unlearned reader, and she has given in plain language the results of her own experience. The majority of works addressed to females by men have been in many instances but a rehearsal of authors long since

out of date ; in others the book has been a *verbatim copy* of *Dewees*, offered as the result of *personal practice*, thus *precluding all new discoveries and affording no light, save, perhaps, the advertisement of some remedy of doubtful curative powers, and certainly not doubtful danger.*

- Whatever of importance has been advanced of late years has been duly weighed and in this work submitted to the public.

While she was impelled to launch upon the sea of authorship by the considerations before given, it may be borne in mind, the writer, too, has been a sufferer to a great extent, and knows perfectly the great difficulty she encountered in trying to explain to the physician *all* her symptoms ; the reluctance she felt in thus minutely stating her difficulties was in all cases a bar, to some extent, to successful treatment by the skillful physician.

As what would occur to her would naturally occur to others, she feels that much remains to be done to convince the world that the female physician is a desideratum, and she accordingly wishes to do what of good she can to effect such a desired result.

In no spirit of hostility to the profession as it

now stands does she hold such views—but from the very necessities of the case, she appeals to them for a corroboration of her views. The woman, delicate, timid, innately modest and retired, feels some embarrassment in any ordinary disease, in answering all the questions necessarily asked by the physician; how much greater, then, must be her confusion in cases of disease that are almost too private to be mentioned, saying nothing of the (to her) immodest and terrible personal examination. Some women would suffer a lifetime before they would submit to the last, and many a case has occurred when such has been the fact. If the results and inconveniences of the disease were confined to herself, not one out a hundred would give a full minute history of her case to a male physician, saying nothing of the examination.

Another motive felt by the authoress was the absence of any work of a popular character that entered fully enough into the subject of the crisis experienced at the decline of menstruation. It would seem that the existence of any peculiarities at any time of life, which occur as natural functions, would be the ones most treated of and

most extensively investigated, but in the case just mentioned the assumption fails. Even professed medical works treat of it only in a few salient points, and the physician, when he has succeeded in averting absolute danger, deems his duties ended ; the minor misery, the suffering and fears are passed over with hardly a comment, as though the comfort of the old was a consideration of little importance. The right of her who has already suffered during the menstrual life, is fully as important as hers who is yet destined to suffer. True, age and habit together, have rendered the declining woman much more patient in bearing up under her difficulties, but not the less is she to be attended and her ailments cared for.

She has pains she says but little about, she has feelings distressful and severe, which she hardly speaks of—but in her silent struggle as much of misery is endured as in almost any time of woman-life.

Why a change so important and critical should attract so little attention is inexplicable, unless we suppose that the male treats as mere old women's whims the distressing symptoms of the down-hill side of life.

This should not be,—the flowers bloom as sweetly for her, the skies are as bright, and though her especial calling has ceased, she can still have much to enjoy and much to anticipate. The authoress has endeavored to supply the deficiency by treating largely of the symptoms, derangements, and misery of this interesting epoch of life. Having drank deeply of the cup of bitterness herself, and devoted much study to the subject, she feels confident that good will be done by this little volume in these cases alone.

As a popular work, it cannot be expected that this book should be a *perfect* treatise on the subjects under discussion. The causes and treatment of the various diseases can be spoken of only in generalities, as too much minuteness would defeat the object of the writer. The broad land marks that are familiar to every eye, and the hidden points of disease are in the one case well known, in the other too obscure to be rendered cognizable to any other than a professional reader. The signs of pregnancy, the more fatal and rare diseases of the uterine system, and the physiological discussion would be out of place in this work, if more than a passing mention were

made. Again, those peculiar and highly interesting phenomena of hysterics are passed over, as in slight cases the patient and friends already are equal to this treatment, while in the severer cases the apparent danger induces an immediate consultation with a physician. But the authoress has felt it a duty to give as minutely as possible the duties of the attendant on childbirth, observations having confirmed her in her opinion, that with a good nurse, and a cool, collected midwife, the powers of nature need nothing more than careful attention and patient watching. To the nurse the duties are sometimes only trivial, at other times, *no neglect*, even of the most *insignificant symptom*, can be shown with impunity—a few words, therefore, to nurses themselves, are not out of place. The onerous duties devolving on the mother claim a share of attention, and we hope that in the following pages the one most interested of all others will find such directions as will enable her, judiciously and faithfully, to fill the great office assigned her by nature.

The scope of our work being thus laid bare, we have a few words of parting to our readers. It will be seen in the work that we have on every

occasion possible pointed out the female physician. We have no apology for so doing, as that is one of our objects. In dwelling so much on personal cleanliness we may be thought to have been urging a point already established and acted on by a vast majority of women. Such, however, is not the fact. It is an unfortunate circumstance that so little heed is taken to obey an imperative law of health. The newly married female is often so careless as to contract disease that renders her and her husband liable to the worst suspicions, while the simplest should understand the fact of prevention by due care and cleanliness. We cannot urge so important a duty too much, as we have seen its neglect attended with so much misery and disease.

On the subject of labor but little is said, or on miscarriage—though much might, perhaps with profit, be added. On the subject of abortion, were it not that evil designing might be aided, especially were the means now so successfully used, to be explained, frail humanity may preach, but nothing touches the subject of the prevention of crime as the passage in that sublimest of all the beauties of the New Testament,

the Lord's Prayer, "Lead us not into temptation."

Where an abortion is really imperative, from whatever cause, and is determined on, no one but the most experienced should be allowed to perform any operation or administer means calculated to produce such a result, for it often—too often—may be written on the tombstone that marks the grave

"She died ; but not alone. She held within
A second principle of life, which might
Have dawned a sinless child of sin.
But closed its little being without light
And went down to the grave unborn, wherein
Blossom and flower lie withered in one blight.
In vain the dews of heaven descend above
The bleeding flower and blasted fruit of love."

Criminal designs are not to be assisted by any means of the authoress—her only motive being to caution those whom an error has made miserable, to bid them beware of the double crime of abortion and suicide.

In ending this introduction the authoress cannot refrain from extending her heartfelt thanks to the public for a very large and still increasing

practice, and can only hope that her best return for so much kindness will be considered the good done by this little work,—the offspring of the public's patronage.

CHAPTER I.

GENERAL REMARKS ON THE PECULIAR CONSTITUTION OF WOMEN.

THE distinction placed on the female of any animal race has been made so plain, and is so easily defined, as to render confusion impossible. But in the human being do we find this distinction the broadest,—for, aside from conformation, strength and beauty, the human female has mental, as well as physical, characteristics.

For however much education, habit and circumstances may have modified or altered the female human system, the unmistakable characteristics exist as fully as though no such influences had been brought to bear. She has peculiarities which impose on her functions, and diseases confined to her sex alone.

Aside from the system that performs the ordinary functions of nature, such as nourishment,

locomotion, etc., the whole sexual organization is so complicated and exerts such a general influence, that in addition to the ills common to both sexes, the woman is compelled to bear a double burthen, and, while she is liable to all the diseases incident to the male which are not sexual, she is the subject of a vast number of diseases that originate from the sexual organs. The functions intended by nature to be performed are often interfered with, subjecting her from the age of puberty, to evils that may not only render her life miserable, but terminate in death.

As would be expected, the peculiar structure, the finer form, the more delicate organization, and above all, the complication of functions, render the female more liable to mental influences; and the diseases peculiar to her are modified by such mental action to a greater extent than any diseases which occur to the male. This extremely sensitive connection between the mind and body presents a conclusive argument for female physicians. A woman only can know what a woman suffers; not only can she recognise the ailments that are purely physical, but the mental complications are to her an open book, for she, too, has felt and suffered.

As the diseases of woman, are common to both sexes up to the period of puberty, we may date her individuality, so far as relates to complaints, from this point of life.

From the commencement of menstruation, to ripe middle age, the woman is governed more or less, in regard to disease, by the correct or incorrect performances of the peculiar functions assigned her,—and during all this time only a woman can know what her trials are. The man can see only the physical and obvious diseases, and a bare recitation of feelings and symptoms can give but little insight into the real state of the patient's case.

A woman is here, however, in her element.—She has felt, she has experienced the same feelings and symptoms, thus placing her on the vantage ground of personal knowledge

From birth but a few years elapse before the child has become almost a new being. Suddenly a new development of both body and mind is experienced, and the female child of yesterday becomes the woman of today. This great change takes place on her arrival at the age of puberty, when the function of menstruation sets in, the

phenomena of which are so wonderful, and the influence of the function so powerful, that a full description will hardly be amiss.

CHAPTER II.

MENSTRUATION.

THE menses make their appearance, at different periods of life, according as influenced by temperature, climate, habits of life, and the temperament of the person. In very warm climates the menstrua are ushered in very early in life, sometimes at eight or nine years, and the girl may be a mother at ten or twelve. In cold, high latitudes, eighteen, and even twenty years will elapse before puberty. In this temperate part of the world, it ranges from thirteen to sixteen. The development of the young girl may be influenced by her manner of living, as with highly seasoned food, luxurious indulgences and the too frequent use of the hot bath. The mental system, also, has a great influence, as exciting novels and romances induce greater pruriency of mind, and this reacts on the uterine organs.

And here we would urge the mother who

wishes to do her duty, and act for the best interests of her child, to closely watch her mental condition; for, singularly impressive, much of evil may the mind acquire at this time. A case just related in the newspapers, and showing the wonderful power of the mind on the development, has occurred in England, where a girl, aged eleven years, was convicted of perjury, showing in court a precocity of mental depravity that had undoubtedly induced, or gone far to induce, such early development of the system.

Again, where the general development is rapid, and occurs very early, the menses will appear proportionally earlier. Those who reside in the city have a different period from those who reside in the country. The number of years during which this function is exercised, seems also to vary with the time of its commencement; thus a very early appearance is sure almost to indicate an early cessation; and it would seem that the number of years' continuance is about double the number that have elapsed at the appearance. A person who has commenced menstruation at fourteen generally ceases to menstruate at from forty-two to forty-five. While those whose pe-

riods took place at eighteen will continue till fifty-two to fifty-four. These are only general rules and are liable to many exceptions, as the influences brought to bear on the function are as various, almost, as the cases themselves; and she only whose experience has not been confined to herself and daughters, can be relied on for advice. It will be well to state that the period of menstruation is one of vast importance to the young girl. It is the period of most perfect beauty, the greatest physical and mental changes, and no one, however skillful, can appreciate the new life, physical and moral, experienced by the hitherto child, unless sex has enabled one to pass through this initial period of womanhood.

CHAPTER III.

INDICATIONS OF MENSTRUAL COMMENCEMENT.

THE symptoms that usher in the menses are in themselves well marked, and indicative of the

greatness of the change that in reality is taking place. The contour of the form begins to assume a more beautiful regularity, the neck to enlarge, the breasts to swell, and the nipples to stand in higher relief from the breasts. The voice changes, and the eye assumes a depth of intelligence hitherto wanting, attended with an increase of brilliancy.

As this development of the person takes place, other symptoms of more or less importance announce the coming change ; the violence of these symptoms may render them indications of danger, especially when they occur among girls whose mode of life has been luxurious and delicate, rendering their nervous systems morbidly sensitive, thus complicating a mental with a physical difficulty. This nervous irritability indicates itself by surging in the ears, a sense of suffocation, palpitation of the heart, frightening by slight and sudden noise and occurrences—appetite variable, and sometimes whimsical, morbid, like and dislike, convulsive muscular efforts, hysterics, &c. These symptoms, though not commonly violent to a dangerous extent, are of too much importance to be neglected, as this, or

rather the condition they indicate, may seriously influence for harm the after years of the girl whose woman-life has just begun.

Sometimes the genital organs alone are affected, as a sense of bearing down in the pelvis, pain in the parts, a strong desire to urinate, etc., would plainly indicate.

Sometimes, again, there are strong determinations of blood to particular organs, such as the stomach, bowels, head and breasts. The general health may be somewhat injured by these indications, but not seriously. But when the lungs become the parts affected, the greatest care is vitally important, as will be shown in a subsequent chapter.

The mother should watch with increasing anxiety for any untoward symptoms attending the irruption of the menses, for the diseases resulting from a disturbed menstruation are so influential in after years. And the mother will be amply repaid for adopting all the means that can save a young, inexperienced girl the troubles she must experience if this function is imperfectly performed, or attended by the unfavorable symptoms previously mentioned. These not appearing,

and the catamenia well established in all their bearings, we may leave nature to herself with no further care than to watch each period closely, and the young girl will be the better the less her attention is called to the uterine organs. One or two points, however, must be borne in mind, and those are, that the quantity discharged is not an indication of either derangement or health; and again, that the girl should be taught the doctrine of perfect cleanliness. The quantity is influenced by many external causes, and in these cases may be an indication of disease; but, unless excessive and attended with corroborating symptoms to the contrary, should be set down as natural. We can do nothing more in our limited programme than to leave many things to the general good judgment of the mother.

Menstruation should be considered a natural, healthy function, necessary to the economy of the human female system; and while nothing intervenes to render it otherwise, its existence is thought of only during the time of menstruation. But as causes do exist that do interfere, we shall treat of them in the next chapter.

CHAPTER IV.

DERANGEMENTS TO WHICH THE MENSTRUAL FUNCTION IS LIABLE.

This important function may, as before stated, be influenced in a marked manner by external as well as internal causes, and a classification of the resulting derangements may be attempted, following the order of the different stages of the discharge. It may make its appearance at too late a time, may be delayed even though the proper development of the uterine and general organs may have been obtained. We would call attention to the fact that the period of puberty, of which this is a sign, is not so much dependent on the age of the girl as climate and other influences; and a full development is necessary to an established menstruation; and as the signs of that development are sometimes obscure, it becomes very difficult to determine whether the dilatory action is but natural or the result of derangement.

The frequency of cases of this kind, and the almost fatal consequences attending any improper interference with natural laws, induce us to dwell

here with some minuteness, and show the very important reasons why the female physician is the only medical adviser the young girl should have.

If modest and retiring, it will be difficult to induce her to consent to consult with a male, and the physician gets the history of the case at "second hand." He has no opportunity to see the patient and judge for himself during the recital of her symptoms, and consequently he is doctoring entirely in the dark, and perhaps pursuing a course fatal to the best interests of his patient. No such chances obtain with the female physician, as a frank exposition is given her, without a blush on the part of the patient.

The direct indications of tardy menstruation are too uncertain to be determined, except by a full and close investigation of each case.

In any climate, the cause being general, a certain time for the appearance of the menses is established; and were there no other considerations, their non-appearance at the established time of life would be conclusive evidence, indicating the necessity of medical aid; but, as before stated, individual character, constitution and habits are to be taken into account. It therefore

becomes very dangerous for those ignorant of these facts, and unacquainted with the human system, to meddle, on the supposition that the proper time having come, nothing is wanting to restore health but the procurement of the descent of the menses. The difficulties of persuading mothers that their daughters, in the condition of late menstruation, need but care, can be appreciated by those only who have encountered them. The mother reasons that the time for appearance having come, (say between the fourteenth and fifteenth years in this climate,) all the subsequent ailments of her daughter are to be attributed to non-appearance. The unhappy patient is now the victim of medical treatment, and perhaps the fatal interference of some quack or ignorant and rapacious physician hastens the poor girl into another world. We caution mothers, the more particularly as we have seen too much misery arising from these causes.

Not the mere lapse of a certain number of years, but the development of the uterine system and its good health, must have arrived at a certain condition, to procure menstruation; and we should always search for evidences of womanhood

before we decide that the menses are retarded, and, in their absence, never attempt to interfere with nature's operations.

Having, however, ascertained that all the conditions are fulfilled, no time should be lost in searching for the causes of the delay, but removing them as far as possible, give nature a chance to play her part. The first cause may be a want of perfect development of the uterine organs, and here art or science can do absolutely nothing, though experience has taught us how to alleviate the inconveniences arising, and by giving tone to the whole system, let the patient's own constitution do the rest. It should be recollected that if no development or indications of womanhood exist, and good health is maintained, there is no call for interference, and only *harm* can arise where it is shown. Sometimes, however, a partial development may show itself; an alteration of the breasts, a change in the whole person, and other signs of puberty, exist. The general health somewhat depreciated, especially in cases where the fifteenth year has passed and very rapid growth set in. Well marked symptoms begin to tell of the derangement, and

sometimes fluor albus, or "the whites," are present.

In cases only where the general health is deficient, this condition requires treatment. Where there is simply the delay with a partial development, care, exercise, attention to the state of the skin, good rich food, but of the most digestible kinds, and in variety, and no stimulating drinks should be had or given. But in case the general health is affected, the best medical advice is needed; for, as mentioned before, if a strong tendency to congestion of the lungs exists, consumption will mark the patient for a victim. In cases of complication, with the whites, (fluor albus,) this disease must be directly treated, as it becomes a potent cause for the retardation of the menses. In this climate these cases are too often the victims of consumption of the most fatal character; and many a being has been consigned to the dwelling-house of the dead, whose life might have been a fulfillment of nature's designs, if attention had been directed to the treatment at a period when help was possible.

The due performance of the function of menstruation having set in, nature has so far fulfilled

her work; but we would caution the mother to carefully abstain from any exertions to produce that condition, except under the best medical advice, in all cases having the girl tell her own story to the medical adviser—for sometimes a look or glance will tell all that a long story could. And where the delay of the menses is caused by the disease of some other organ, such as the liver or lungs, the only treatment allowable is that directed to the seat of the disease, and not to the uterine difficulty. Unfortunately these cases present the greatest difficulty to the physician, as the friends of the patient cannot be persuaded that the disease is a cause, not an effect.

CHAPTER V.

SUPPRESSION OR INTERRUPTION OF THE MENSES.

It is not enough that the menses have been thoroughly established. Care must be taken to continue them, as they are liable to interruptions, and the most serious difficulties often spring from

this source. Inattention, from a want of knowledge, is so often shown by the young girl to the regular occurrence of her periods, that no mother should fail to impress on her daughter, early, the whole importance of her condition. This period of life being one of the most susceptible to pleasures, design may often interrupt the flow in order to enjoy a party of pleasure, or take a journey. The worst case ever witnessed by the writer, owed its occurrence to an intentional interruption of the menses, by means of cold foot-baths. The symptoms attending this derangement are so plain and obvious that no one can mistake them. Paleness, emaciation, nervousness, an irritability, even toward those we love best, palpitation of the heart, a sense of suffocation, or a hurried walk, or going up stairs, and vaginal difficulties, such as fluor albus, (the whites) may intervene. No suffering of this kind need be continuous, but neglect may confirm a transient difficulty into a permanent disease, not in all cases of the uterine organs, but perhaps of the liver or lungs, by sympathetic action. The mother should then interpose her advice to the suffering daughter, and avail herself

of every means to restore the natural function of menstruation. The treatment adopted by the authoress, has been found the most efficacious, while it affords in every case an investigation of the remote, as well as direct causes.

It does not necessarily follow that an interruption in regularity is evidence of any trouble, especially in the commencement of the flow; and even in healthy, robust women, mental and sudden physical shocks may produce a sudden suppression, that disappears at the next period. In fact, where no general indications are present, no treatment is required. Where from design or accident, the want of regularity is continued some two or three periods, no time should be lost in ascertaining the cause and restoring the flow. The symptoms attending the stoppage from a cause occurring during the interval, do not occur until the next time at which the menstruation should appear, and then the train of symptoms described on a preceding page make their appearance. But if the cessation has taken place about the time of or during the flow, the symptoms are different and much more severe; violent pain in the head, back, and bowels, hysterics, or tempo-

rary derangement of the mental powers often excite alarm for the safety of the patient. Immediate treatment is here absolutely called for, and let no woman fall into the mistake that our efforts must be directed solely to the immediate reproduction of the flow. General treatment is necessary, and when the system is affected by it, then *and not till then*, is it safe to attempt the return. The limits of this book hardly warrant us in giving the particular treatment of each disease, our only object being to give females such outlines as may call their attention to the diseases themselves.

Our modes of treatment of suppression of the menses are so various, it would be impracticable to give them here. It must be borne in mind that they are almost as numerous as the cases themselves. In very violent cases, violent remedies, such as bleeding and leeching, must not unfrequently be resorted to.

CHAPTER VI.

PAINFUL MENSTRUATION.

A common, perhaps the most distressing of all complaints due to derangement of the menstrual functions, is *painful* menstruation. Suffering more acute cannot, in some cases, be found in active labor, and the prospect before the woman afflicted is but a dismal one, as during her whole menstrual life the repetition of this pain at her periods embitters her existence.

The causes of this, generally, are obscure, though cases undoubtedly have occurred for which an obvious reason could be assigned, such as cold contracted during the time of menstruation, a troublesome recovery from abortion, and sometimes the consummation of marriage. But in the majority of cases the causes are so hidden as to be only theoretically assigned. It occurs in every period of menstruation and, indifferently, the married and single are subject to it.

The sufferings of the menstruating woman who is subject to the disease, are sometimes severe beyond description, as the pains of labor are easier to be borne, as there seems to be some use

for them ; while in this complaint they are as it were gratuitous.

The ordinary sympathetic complications are here found as in pregnancy, indeed the whole term of the menstrual flow seems to be a protracted labor. The pain commences immediately after a slight discharge has taken place and stopped suddenly. This pain resembles very closely the ordinary bearing down pains of delivery, and it returns at intervals, not perhaps so regularly, but as certainly, until the expulsion of a membranous substance from the uterus ; after which the patient becomes easy, but after a few hours, or even several days, the same action may take place, and run its course in the same manner. The quantity of this membrane discharged is various, and it would seem that the pain is the less the more of membrane is expelled.

It would be predicated that the breasts would sympathise, and such is the case in many instances, but not in all. The breasts swell, and sometimes become excessively painful, but in other cases this symptom is wanting. There is almost always a constant, dull, heavy pain in the back, hips, and loins, which generally continues until the pains,

which alternate, are gone. This disease, or rather derangement, seems to be the ordinary operation of the uterus to rid itself of the foreign substance.

It can be readily compared to labor, and hence the same reasoning as to the immediate causes of the pain will apply equally to both. In a disease of which we know but little more than the symptoms, no well defined line of treatment can be laid down; only a continuous application of the remedies can be of service, and, happily, such are so well known as to render a cure certain in all except cases of peculiar severity. The treatment adopted by the authoress, though suited necessarily to each case, and modified according to the circumstances, has been found of singular efficacy, and she feels happy in being able to extend a reasonable hope to those afflicted, of an entire riddance of the complaint.

CHAPTER VII.

CHILD-BIRTH.

THE SICK ROOM AND ITS DUTIES.

THE catamenial period being well established, and the once girl a matured woman, marriage follows, and the female in her new position of wife, soon assumes the responsibilities and cares of the maternal relation. Fast as the changes have come, nature in most cases is ready to meet the exigency. With the cessation of the menses, on impregnation, various symptoms exhibit themselves, showing conclusively the extent of the change now going on.

Perhaps a description of the duties to be performed in the room of the sick mother would express conclusively all that is necessary to the elucidation of the subject. At the birth of the first child great care must be observed to render the patient comfortable and hopeful in her mind. Con-

fidence in her physician is of the greatest moment, but at once all the innate modesty of the young girl rebels against the appearance of a stranger—and male, too—in the most delicate position. A shock of startled modesty at once takes the place of all that reliance, trust and confidence that should exist. Nature will not be stayed, and so the labor is completed in spite of the adverse circumstances. Nothing can completely remedy this but the general practice of employing females as physicians, and the males as the last resort, in cases where surgery is needed more than anything else. For, however difficult may be the parturition, or whatever may be the presentment, the authoress, in the course of two thousand parturition cases has been uniformly successful without calling a male physician. To the mother, in this her hour of necessity, anything that can give relief to the pain, and what is almost as bad, the anxiety, will and must be acceptable. Gratitude is felt by her then, if at no other time, to the one who has soothed her sorrows.

So truly does this appearance of the male affect the young mother, that in the first delivery of the

authoress the labor was protracted four days, and probably would have lasted a week, but that during a necessary absence of the physician, nature triumphed over the mental restraint, and the child was born.

The appointments of the child-bed should be few, but certain, and a common mistake is to have a number around the sick bed ; this is wrong. The female physician and a good nurse, are all the persons needed in the case ; nothing should be hurried or confused ; the mother should be impressed that *patience*, combined with watchfulness, is the highest indication of the good physician. No science can replace the quality of patience. For it must be certain that a *delivery* is *not a disease*. The whole operation is but a healthy function of nature, intended to close to the best advantage of both mother and child ; a function for which the organs and system are designed. The mother, especially in a first labor, must be taught to have *faith* in this fact ; and having faith will, weak or strong, possess a confidence and relief from anxiety equivalent to one half the battle. The writer has found in all her cases a sheet anchor in this fact alone.

If possible to choose our own conditions, the first choice should be a cheerful room, and cheerful faces, plenty of light, and good fresh air; these are essential, and let us not be deemed trifling if we again repeat, cheerful faces. Nothing, of seemingly so little importance, is really of so much utility. No unbecoming levity should be indulged in, on the ground that "all jokes are free in harvest," but the room of delivery should not be so gloomy as to forcibly bring an idea of a funeral; and a frank, smiling face, cool and self-possessed, will carry more strength to an almost exhausted woman than a whole apothecary's stock.

Such being the appointments of the chamber where a new life is added to the world, we are to attend to the labor itself, cautioning the mother against all apprehension of danger, and proceeding as coolly as though we were in the most ordinary duty discharged by physicians.

No reasoning should be necessary to prove to the expected mother that no danger is to be apprehended. Nature has so organized the female as to perform her work in the best manner possible, and not one case in a thousand has any more

difficulty than, perhaps, a prolongation of the labor, unattended by any unfavorable symptoms, and terminating in sound health. In her pains, the mother should be assisted by all the means in our power; and, since so much pain is sometimes suffered, we have been in the habit of applying an apparatus to support the back, during the labor, that alleviates the pains, or at least enables the woman to experience less of suffering than if it were not used.

The apparatus consists of a pad, fitted to the small of the back, and so protected with cushions as to prevent injury. Attached to this pad are straps, extending to the soles of the feet, with handles for the hands. This apparatus has, so far, proved of very great service to those who have used it, and has been highly extolled by those who have seen it tried; but they whose sufferings have been alleviated can best remember all its advantages. This apparatus can be seen and tried, if occasion requires, at the authoress's residence.

One of the cardinal virtues in the sick room is patience. No consideration of time or haste should be allowed to interfere. The smirk,

smooth, energetic doctor, who applies his instruments during the first half hour of labor, to save time, has done more injury than anything else. No sacrifice of truth will be made to affirm that thousands have gone to their grave, prematurely, to gratify the impatience of the physician. In fact, with the essential condition of a comfortable room, well ventilated, and capable of being kept at any desired *uniform* temperature, there, with a good nurse, in nine hundred and ninety-nine cases out of a thousand, a male physician is only in the way. The authoress, having taken the large and commodious house, No. 6 Greene-St., N. Y., can assure quiet, and all other essentials to the well-being of those patients who would prefer a delivery there to the uncertain fixtures of a home where such occurrences are exceptions. In dwelling on the subject of child-birth, no one should forget that much can be done previous to the accouchement, to insure a safe and easy delivery. To this branch the authoress has devoted her unceasing energy. A liberal medical education, culled from the most standard authors, conjoined to her own practice, has enabled her to relieve much of the suffering

usually attendant on the occasion of parturition.

By the sympathy of one woman with another, in this trying time, a relation is established between the doctor and patient that goes far to relieve the mental anxieties of the helpless sufferer.

The duties of the medical attendant after the birth of the child are many, and should be scrupulously performed, the patient being first cared for, and placed in the most comfortable condition the circumstances will admit. A critical examination of the new-born stranger must be instituted, to see that all the external organs are perfect, that the vagina and anus, if a female, are pervious, as trouble will subsequently ensue if the vagina is closed, and death will certainly follow a closed anus in a very short time, unless the difficulty is remedied. The doctor is more apt to overlook an imperforate vagina than anus, and no attention being paid, in fifteen years, when menstruation sets in, a vast deal of sickness, trouble, and pain is the result, which can be relieved only by an operation. A case is at present under our observation, an imperfect opening of the vagina in infancy. After marriage, the birth

of the first child left the parts in such a condition as to preclude any living with the husband, the excessive irritability of the vagina being a perfect bar to sexual intercourse. This case is only one of thousands, who pay, with a vast deal of pain and trouble, for the services of a physician who is in too much of a hurry to finish up his business properly. In fact, the room of confinement is properly woman's place, and none so able as she to attend to all the little thousand and one things, important in themselves, but apparently trivial in the hurry and confusion of child-birth. The midwife should wash the child, and so dress the umbilical cord as to render a rupture of the umbilicus impossible. And in no case should this important duty be given to the nurse; for a life-long trouble may grow out of a careless or ignorant manner of dressing the cord. The child, properly and carefully examined, and the passages ascertained to be opened, the washing and dressing ended, the mother claims our attention. The midwife should bandage the mother after the birth, not very tightly. She should be allowed some warm tea, and whatever good hearty food she chooses; she will not hurt herself by it, for

if she is weak and very sick, she will not want it; but if strong, and especially if the labor has been protracted, she will be hungry and in need of food. In fact, it is a good indication to find her in a mood for eating. About an hour or two after confinement allow her to get on the floor and go to stool, as by this means the clots of blood formed will be removed by their own weight, and thus relieve her, in a great measure, of those after pains, which are almost, if not quite, as agonizing as those of labor.

Her strength must be kept up with good food, a cheerful room, plenty of light, soft bed, and fresh air, after a protracted labor. Beefsteak, eggs, or oysters, well cooked, may be given frequently. The nurse should put warm flannel, dipped in a mixture of alcohol and one-third water to the bowels for three or four days. The organs of generation should be carefully washed with warm milk, three or four times a day, for the first two or three days. After that, as occasion may require, a napkin dipped in warm milk and applied will give relief from any painful irritation. The bowels being kept free, a little nursing and careful watching for any untoward symptom are all that are important.

CHAPTER VIII.

PREMATURE DELIVERY.

In what we have said, heretofore, upon the subject of child-bearing, we have taken it for granted that the conformation of the woman and the correspondence of her functions, were perfect.

But it unfortunately happens that distorted forms and diseased organs are the causes of death where pregnancy is allowed to go on to its full time. In cases where such complications are known to exist previous to impregnation, or found out during the same, the only remedy known is to procure a premature delivery, to ensure the life of the mother.

A very strange and foolish morality exists on this subject. The mother's right to life should certainly in every case be considered infinitely stronger than the child's. When a mature delivery will present but a small hope of ultimate recovery to the mother, the physician is perfectly

justified in preferring the safety of the woman to the mass in her uterus called, by courtesy, a child.

No more scruple should be felt in so doing than in the removal of a tumor whose continued existence would be the cause of certain death. Physically the woman is incapable of passing a full grown child. Nature has not provided her the proper organism, and in our scrupulous fears of taking a life which never existed, we lose one of real value. In standard medical books no doubt is expressed as to the propriety of producing premature delivery where the life of the mother is in danger; and every mother should be made to understand that if any reason or knowledge is valuable, it is that which enables us to correct the errors which nature sometimes unhappily leaves in her handiwork. Certain death is before the woman then; a life, not yet commenced, is all that belongs to the child; and certain moralists decide, without offering any good reason, that the child is to be saved at the risk of the life of the mother. Nothing but the most intense selfishness could have originated a doctrine so cruel towards the mother. The man, to have an heir,

or a mere plaything, insists on the criminality of that act which alone can save the life of her whom he has taken to double his joys and bear half his sorrows.

Physical pain, and a cessation of existence in this world to the happy, contented wife and expectant mother, are a burthen that makes us look in wonder on the frail form before us on the sick bed. The friends around the bedside, the loving but despairing husband, the hopes of life and its joys trebled by the advent of a little stranger, are to the *wife* motives which may nerve her successfully to go through dangers more perilous to life than those of the battle field. If she lives, she is the centre of a household, loved, cherished, honored—happy in her position, and living only in the sunlight of a husband's smiles. She has been amply repaid for all the dangers through which she has passed. In cases where, however, the form of the woman is so much distorted that death is a certain consequence if the fœtus should be allowed to proceed to maturity, no considerations of future chances should be allowed to stay a delivery at such an early period as will warrant success; and with confidence the authoress can

assert that a premature delivery can be effected without any danger and with but little inconvenience. In married women an early delivery can be procured with a certainty of success ; the mind being easy, the system having been perfectly prepared, no obstacle stands in the way of a happy termination.

But there are things in this world which to the woman are worse than death itself. The young girl, with implicit trust in the promises of her lover, has yielded to his desires, and finds herself *enceinte*. No retreat is open to protect her ; the world looks down in scorn upon the poor, fallen thing, and renders her return to virtue an impossibility. Life, from the moment of the world's discovery of her misfortune, is but a burden. She knows all the awful consequences of her lapse of prudence. She will experience the scorn of her acquaintances, the contempt of her relatives ; the brand of infamy will be burned deep in the brow of all her future. Can a true woman, especially a mother, serenely view that suffering being, a victim rather than a criminal, in any harsh light, and condemn a course of proceeding that gives back to the deluded girl a chance of a

life of happiness, subdued perhaps in tone by the memory of the terrible abyss over which she stood ?

Certainly no one would for a moment compare the iniquity of a life spent in prostitution, with what of harm there may be in the operation that, performed with the best motives, gives to the victim a new hold on society. It is vain to expiate on the criminality of producing premature delivery, and still punish, by the curse of utter ruin, the non-performance of it. And what recourse in case of seduction is usually left open to the girl, but to the brothel ? When the parents have cursed their daughter, closed their doors upon her, disowned the poor victim, who in this world is to take pity on her ? Only a limited period is given us for enjoyment in this world ; why then visit such a failing by a total abnegation of every tie that renders life sweet to us ? Parents would do well to think before they shower their indignation on the hapless girl, and reflect that a sacrificed life is a punishment far too severe for such a fault as the one forgiven by the Saviour himself. Many thousands in this city, who are now petted and caressed wives, or staid, compla-

cent matrons, could give their testimony in corroboration of this statement, that premature deliveries have saved more crime, or preserved more from crime, and prevented more misery, than all the canting moralists who, in holy horror, hold up their hands at a fault committed, but refuse to follow the example of Him whom they profess to love and imitate.

Saved from a life of prostitution, the girl is surely of more value to society than the child reared under untoward circumstances would have been, had it survived the ordinary casualties of infantile existence.

We would not for a moment be supposed to favor a system of premature deliveries, for the purpose of concealing or favoring crime. If all whom misfortunes have taught wisdom, were to utter their experiences frankly to the world, a different feeling would obtain, and the brothels would become gradually tenantless—for more are thrust into their degradation for the first fault than for the second.

CHAPTER IX.

PROLAPSUS OF THE UTERUS, OR FALLING OF THE WOMB.

This owes its existence to causes which are sometimes apparent, but at others so obscure as to baffle the most sagacious scrutiny. But, in general, the treatment adopted by the writer has, in the first class of cases, been perfectly successful in perfecting a cure in a very short time, while in the later, relief is instantaneous, and in a majority of cases ultimate success has been the reward. Distressing as this disease is, it is singular that woman can go along for some time without suspecting the cause of all her bad feelings, and the symptoms that render her life a burthen and her existence a thankless gift.

It would seem as though the blessing of sound health is too little prized to render woman as watchful as the importance of this disease demands. A full description may perhaps be of

great utility, as it will enable the reader to detect at the earliest date the existence of prolapsus uteri, and she will see more obviously the almost certainty of the treatment of the disease by the authoress.

The best ascertained causes that have hitherto been detected are, or may be classed as, those pertaining to debility of the uterine attachments and inaction of the organ, and great violence exercised by the uterus in severe and protracted labors. But in either class of cases the results on the system are alike, modified only by the condition of the general health at the time of the occurrence. The disease may be recognized at first by a sense of bearing down in the parts immediately concerned, a constant sense of dull, heavy pain in the small of the back and thighs, occasionally shooting sharp pains in these parts, a sense of uneasiness in the vagina, attended, in many instances, by leucorrhœa or fluor albus, itching of the external organs of generation, faintness, paleness, and, in obscure cases, the general health is acted on nearly as in cases of injury. In some cases great difficulty is found in voiding the urine, and in others the bowels are

costive from the pressure of the uterus upon the lower portion of the intestines; irritation of the stomach, morbid appetite, deficient digestion, and sympathetic action of the heart.

And, in cases of long standing, an acute pain in the left side is a constant attendant of the erect position or exercise, and relief may be found by the recumbent position of the patient. So obscure is the cause of this pain that a large number of patients have been treated for chronic colic disease of the stomach, &c., until the natural modesty of the woman has succumbed to the necessities of the case, and the physician been allowed to make an examination. In a young girl a vast amount of suffering will be submitted to for a long time before she will permit what to her is such a breach of delicacy. And it unfortunately happens that the time thus lost is of the utmost importance to a permanent cure. Were, on the contrary, the female physician called in, the existence of the true cause would be speedily discovered and as promptly relieved. We cannot urge too strongly on mothers the importance of watching the foregoing symptoms in their daughters, and applying directly for aid and ad-

vice to a good, well-read female physician. The writer has found in her practice many cases of the above that have been medicated for far different diseases for a long time, simply because the existence of the true cause was not suspected, or, if suspected, the young, delicate and highly sensitive girl would conceal the evidences rather than submit to an examination by a man.

CHAPTER X.

LEUCORRHEA, OR WHITES.

This disease is common to all women. Neither age, climate nor circumstances seem to afford exemption, and, in Dewees' language, "The woman who has not had the complaint, appears accidentally to have escaped from an impending mischief, rather than to have been constitutionally entitled to the exemption." Still all are not equally liable to experience the complaint; the strong, highly sanguine temperament, the firm, rigid fibre, with strong muscular development, are least obnoxious, while the white, fair skinned, blue eyed and light haired female is hardly to be expected to escape. Again, the occurrence of the disease may be determined by location, atmosphere or occupation, and may be, after its appearance, modified by the same. The females of high, mountainous countries, with dry air, and of active habits, are less likely to be affected; while

a low and moist climate is against their escaping. Inhabitants of the country who are active in their habits, are more free than the residents of large cities, whose time is passed in idleness. Sedentary habits and luxurious indolence are also predisposing causes. Habits of living, such as indulgence in too much sleep in bed, late hours, immoderate use of thin liquid drinks, tea and coffee, the too frequent use of the warm bath and foot stoves or registers, in the city, are all active producers of this very frequent disease. Habits of personal cleanliness, also, are imperatively necessary, and those who neglect them justly suffer for their disregard of what is to a woman a moral duty of the highest order.

Females of every age, from the infant to the woman of ninety, are attacked, and it is the mother's duty to impress her daughter with the vital importance of personal cleanliness, and not less imperative to see that the advice is strictly carried out.

In a work like this, it will hardly be expected that a full description of each disease should be given, as the object of the work has been fulfilled when the authoress has given from her own ex-

perience such observations as will enable the reader to determine, approximately, her complaint, and impress on her the necessity of instantly consulting a medical adviser. This disease has been well and deservedly called the opprobrium of the science of medicine. Its true seat, or rather its true location, is yet a mooted point, but luckily its treatment has been more successful than its investigation.

In the first and mildest stage of the complaint, but little general inconvenience is felt; a glassy, transparent discharge, resembling somewhat a thin starch, is about the only apparent symptom, and aside from the increased degree of cleanliness required, no trouble is felt; but as innocuous as this stage may seem from the above statement, it must not be inferred that it is safe to neglect it. For its very mildness renders it dangerous, as the patient is too unapt to pay that attention which alone can cure or even confine it to this stage only, and those troubled with it are constantly making errors in diet, neglecting the bowels, allowing them to get costive, or undertaking duties too fatiguing for the system in this delicate condition. If this stage is too much

neglected, the disease is almost certain to act, by sympathy, on the general system, and a series of troubles will make its advent. During the treatment of this complaint, implicit obedience to the orders of the medical adviser is absolutely imperative, and every thing capable of favoring the disease should be strictly avoided. The discharges should be closely watched, any changes in their character should be well marked, and in all cases the medical adviser should be treated with perfect frankness, and examinations of the neck of the womb be permitted, in order to avoid trouble from that. It certainly is unfortunate that in the cases where the disease is most often met with, (speaking of young, unmarried women,) the nervous temperament is almost always of just the most sensitive and retiring character, thus precluding direct aid until the desperate nature of the symptoms force a compliance with the examination.

We feel, however, that this disease being better understood, and immediate relief so certainly attainable, and female physicians being more often consulted, that much less suffering is found than formerly. In our own practice we have the

pleasure of knowing that many have been permanently cured with but little delay, owing to the causes above mentioned—an early attention to the symptoms, and a willingness on the part of the most sensitive to allow an examination by one of the patient's own sex. We may be thought to urge the claims and advantages of the female physician too strongly, but we need only to appeal to the male physicians to confirm the importance of our remarks; and no one having had the extensive practice afforded to the authoress, would deny the almost vital importance of implicit trust and confidence in the medical adviser, a frank exposition of all the circumstances of the case, unattended with the painful mental complication of the apparent sacrifice of modesty and delicate sensitiveness.

While this disease in the married woman may be treated without regard to extreme nicety, the young girl requires the most delicate manipulation, conjoined to the greatest care, to prevent injury to the parts, and a recurrence of the disease. The writer has made these cases almost a special study, and is certain that relief, when least expected, may be surely afforded. The suf-

ferer is exhorted to neglect no means for her own welfare that are within her reach. Vitally important, also, is the consideration to the young girl, that her uterine system should be in the best condition for the duties of matrimony. The weak and lymphatic girl is the most obnoxious to this complaint, and there is hardly a case of leucorrhœa that is not attended with more or less falling of the womb. The writer assures all that relief is within their reach, and will be happy to give advice and consultation to all who may apply, *gratis*, as her consciousness of the great amount of relief afforded will more than compensate for her services. She has the pleasure of knowing she has relieved; and she can safely assert that her knowledge has been acquired under circumstances so peculiarly adapted for observation, as to leave but little to be desired.

The "turn of life" is more or less looked upon (as indeed it is) as a critical point, determining the balance of life for good or evil. Women having arrived at the age at which they may reasonably expect a cessation of menstruation, look forward with an ill-defined dread and gloomy anticipation, a common belief as to the mens-

trual fluid having inculcated the idea, that its retention would, from its poisonous nature, be productive of harm, and the thousand and one ills of uterine diseases are almost felt by anticipation. Popular error, always an injury to the sick or well, is nowhere so much to be deprecated as in the decline of the menses. For a belief, or rather prejudice, in the supposed poisonous quality of the menstruous blood and its deleterious effects, will in many cases, by mental complication, react on the uterus itself, and thus go far to produce its own confirmation.

The idea and fallacy has originated from various causes. Tradition has from the earliest twilight of history, associated uncleanness with the menses—not only of the person, but of whatever the person might touch while in the catamenial flow. In the Mosaic record repeated directions are given on this point. As a sanitary measure nothing can be more clearly proper, as cleanliness is the first personal law of woman, but with the idea is associated a prejudice as to the character of the fluid—a belief of its inherently poisonous property—of its being, as it were, a discharge intended by nature to relieve the sys-

tem of something which, if retained, would be highly prejudicial to health. The evils resulting from accidental suppression confirmed this view, and, by a parity of reasoning, nature was supposed to have failed somewhat when the decline of the function set in. The error has survived the inroads of science and accurate investigation, and, though an error, still to this day it exerts a deleterious effect on those who believe it. ·

To bring the matter more forcibly to our readers, we will give a somewhat extended notice of its physiological characteristics; as to disabuse the mind of anything tending to lessen the chances of health is of vital importance to those about to enter upon any important epoch in life. Dewees, an excellent medical authority, on this subject, says: "Indeed so replete is this time with horrors to some, that we may very justly suspect apprehension to be the cause of some of the distressing symptoms which sometimes accompany this interesting process of the human uterus." Dr. Edward H. Dixon, whose enlightened and sound views on medicine are so well known, writes: "Nothing is more common than the most gloomy apprehensions of dangers arising

from noxious matters supposed to be retained in the blood from want of the customary discharge. A great deal of this prejudice arises from a knowledge of the Jewish regulations and laws detailed in the book of Leviticus. The necessity for the extreme severity of these requisitions has never been made sufficiently clear to our comprehension."

Indeed, hardly a medical author can be found who does not allude to this dread of the climacteric, and all to condemn. The mystery that in the olden writers was constantly shown as connected with this discharge, the erroneous ideas as to its purposes, and the effects shown on any disturbance, has served to perpetuate a fallacy mischievous to the patient.

Modern science and investigation have shown very conclusively that the function of menstruation is but one of the many performed by the uterine system in the important function of procreation of the human species. It is as healthy a process as that of digestion. It is of the same importance, and is liable to no more derangement; but when deranged, predicates the fact by more marked general consequences. As a

function, no connection exists between it and the blood, except by means of the uterus, and the law of that organ is the general law of all other organs in relation to the circulating fluid. The menstrual discharge is but a portion of the blood secreted from the surface of the uterine organ, only changed in character, as the secretions of the mouth, tears in the eyes, or milk in the breasts are. If any noxious quality is supposed to belong to the monthly discharge, a parity of reasoning would induce us to believe that tears or milk would be equally poisonous if retained in the system. Again, the observed facts in a majority of women give no grounds for apprehension. To be sure, if any disease of the uterus exists *before* the cessation, produced either by violence done the uterus in labor or from habits of life during the period of menstruation, or a diseased uterus itself, it will be pretty certain to make its presence known after or during the turn of life. In such cases periodic discharge has hitherto been a palliative. It has prevented the progress of the disease, by instituting a drain from the uterus, as a flow of tears is a relief to the inflamed eye. On the cessation of the menses, however, it will

be obvious to all that this source of relief is lost, and the disease of the uterus advances with an increased violence.

The period is only critical to the woman who already has disease; it may relieve some and aggravate others, but it is *not productive of disease*. Viewed in this light, we would entreat every woman to lay aside all apprehensions, and deal with the "turn of life" as she would with the performance of any other function of the human system. We have been thus particular on this subject, to remove a very serious cause of a vast deal of misery, and if by our statements and treatment of the subject we have convinced any, we have done much good.

Although the preceding remarks are true in every sense, it does not follow that in itself the decline of the menses may not be a source of disease, as it often, when modified by circumstances, ushers in a train of ailments, temporary in some cases, but frequently continued through years. We shall devote the next chapter to the symptoms attending every phase that has come under our treatment.

CHAPTER XI.

DECLINE OF THE MENSES AND CHANGE OF LIFE.

WHEN the full period to which nature has assigned fertility is passing away, there arises a new set of phenomena, and the menstrual period becomes irregular, the discharge varies more, and sundry signs indicate the final cessation of the menstrual function. This point is called the

“TURN OF LIFE,”

a period dreaded by most women, as, associated with it are ideas of suffering, sickness, and perhaps death. Though the general idea is erroneous, yet enough remains true to entitle this period to our earnest consideration. The “turn of life” is the time at which the woman ceases to menstruate, and an importance has been attached to it that warrants us in a full discussion, the more so, as it has never yet been made the subject of a

popular work that could be understood by the subjects of this course of nature.

As has been mentioned before, when on the subject of menstruation, this change comes on at different ages, the time of life being governed by the age at which the flow commenced, and also by the patient's habits of living. Generally, in this climate, from forty-two to fifty-two years of age, are the limits—though there are exceptions. As this period is an interesting one, and very influential on the subsequent health, it is singular that so much has been left to conjecture and so little offered to the public on the subject. The authoress, after thirteen years of suffering, can readily sympathise with those who need pity, and in the subsequent description will follow faithfully the history of her own case, as well as those which came under her observation.

DECLINE OF LIFE.

The severities of the symptoms of the decline of life are not equal in any two cases. Sometimes the very gradual disappearance of the menses is so gentle as to be hardly perceived by the patient. No inconvenience is felt, and silently

and harmoniously nature kindly relieves the system of the office of procreation: in after life the critical period seems, in such a case, to have been merely a dream. But these cases are rare. A change of a function exercised so many years cannot take place without a corresponding effect on the circulation. Just as in child bearing, pregnancy must generally affect the system at large, though but a natural process of organs designed for the express purpose. The disturbances are modified by the condition of the health of the woman, her manner of life previously, and the temperament, and above all, by mental peculiarities.

Again, the indications of subsequent disease are very different in different cases, and results are as various as the system will admit. A very frequent and much dreaded disease following the decline of the menses is cancer of the uterus. This ailment, being of a character that renders the physician absolutely necessary, it is useless to extend any remarks as to its pathology or treatment. This disease is sometimes the result of injury to the uterus, in labor, where laceration of that organ has been an exciting cause of the de-

termination of the disease to that particular part. We have found that in widows, arrived at the turn of life, the disease has most certainly been brought on by self-pollution, for on closely questioning the patient, and examining the parts, the evidence was complete. Cancer is more likely to attack the female than male, and we need not be surprised to find it making its appearance on so great a change. Only a few words as to its treatment can be offered—it is unfortunate that no cure can be given.

Dixon says: “We can say with sincerity that we have never cured a case of cancer that could with any propriety be so called; and although we believe judicious treatment has for a long time kept the patient alive, we again urge the reader to prevent the necessity of her conscientious physician’s assuring her there is no hope, by attending to the earliest indications of the ‘slow inflammation of the uterus.’”

We will, however, so describe the symptoms of the “slow inflammation of the womb,” that the patient may detect them.

The ordinary symptoms, as described under the head of *Prolapsus Uteri*, obtain in this disease,

but in addition a deep-seated pain in the lowest region of the abdomen, is a characteristic. It is much increased by the standing posture and by over-exertion. The menses will be regular for some time, then an almost complete disappearance of them occurs. After a few weeks, and probably unexpected period, they will reappear in excessive quantity, producing great exhaustion, leaden color of the complexion, and extreme emaciation. Between the periods of menstruation there may appear various other discharges of an unhealthy appearance. Hysterics always are an accompaniment, with great loss of appetite, and frequent vomiting. A very characteristic symptom is enlargement of the breasts, sympathetic, of course, showing the fact of uterine disease. It must not be thought, however, that the foregoing are sure indications of this particular disease, they are common to other serious affections still more obscure. They are not therefore to be relied on entirely, to determine the treatment, and an examination of the parts becomes absolutely necessary. We will again urge the caution given by Dixon, "to prevent the necessity of her conscientious physician's assuring

her that there is no hope, by attending to the earliest indications of the slow inflammation of the uterus."

With the symptoms above detailed the examination is necessary to form a correct opinion of the disease, and also to adopt proper treatment.

The entire cessation of the menses varies in its concomitants in almost every case, but one or two forms are so common as to be almost a type for the others. A healthy woman finds herself, at what should be her regular period, free from any discharge; if such suppression last over two or three periods, she may suspect impregnation, if the circumstances will admit of such a view of the case. The abdomen may become slightly enlarged, and a "crawling" sensation may be felt in its muscles, attended with slight sympathetic enlargement of the breasts, and these symptoms may disappear after a short time, succeeded by a sudden flash of blood to the head. The suddenness with which this occurs, bears a close analogy to apoplexy. Shortness of breath, dizziness, slight confusion of the mental faculties, violent head ache, all these are common symptoms attending sudden suppression in earlier life. Some-

times these indications are aggravated, especially those affecting the head, so much as to produce true apoplexy, when, if not immediately relieved, death is inevitable. These hot flashes of blood show themselves in different forms, rushing to the head, to the lungs; and often a congestion of the uterus follows them, inducing severe flooding, which is dangerous, and calls for prompt treatment, although the other distressing symptoms are relieved as if by magic. This tendency to disordered circulation may continue for five or even ten years; but in all such cases the rush of blood to the head is first by a giddy, nervous sensation, ending in gentle perspiration, after which, it would seem, that nature settles down to her accustomed course. The patient may, notwithstanding these untoward symptoms, be gaining in flesh, strength, and general good health, interrupted at times by these sudden flushes. The authoress gained in flesh, during this period, from a weight of ninety pounds to one of two hundred and five. The reason for such an increase of weight can only be attributed to the fact that, the accustomed discharge not being present, and the power of healthy circulation still existing, more

blood is formed than is needed, and the excess is rapidly converted into flesh. Such, at least, seemed to be her case, and she is not alone, as numerous like cases have occurred in her own practice whose points of resemblance were numerous. There are minor symptoms, such as nervous excitability, tendency to swelling of the feet, and sometimes of the external organs of generation, rheumatic pains, and dropsy of the feet and legs, and ulcerated sores. Such are the attendants of one form of deranged decline of the menses, and as before stated, this form is so common as to become a type; for the symptoms, in most cases, will be aggravated or diminished by so many circumstances, that a classification of every degree would produce confusion. The treatment of this form is simple, and modified by each indication presenting itself, will in all cases prove of benefit. We have been in the habit, in this form, to direct more attention to dietetic and general regimen. A well ordered course of exercise in the open air, the moderate use of the bath followed by repeated rubbing of the skin with coarse towels, a milk and vegetable diet, the fruits of the season, bran-bread and molasses, to

correct any costiveness of the bowels. A generous diet of eggs, oysters, etc., may be beneficial in many cases; for it must be recollected that while we must guard against over-feeding, a deficiency is not to be sought for. No stimulants, such as rum, brandy, etc., should be allowed, but light wines, in moderation, may be of benefit.

In persons of delicate temperament, representing our second form, the symptoms are in many respects similar to those already spoken of, except the hot flashes, which are absent; but in these cases the danger lies in the tendency to flooding, especially where the discharge is irregular. The imminence of the danger in these cases is so great that we must not hesitate to use the cold water douché applied directly to the parts. Every other part of the system should be kept warm, by the application of bottles of warm water, etc. After the cold water douché has produced its effect, ice may be applied to the abdomen. Should prostration and great debility ensue, brandy and water, in doses of about a tablespoonful or more, may be frequently administered, until reaction takes place. No time should be lost in applying this remedy, for if the patient be

too much exhausted, no power can bring her back. This danger may be averted by an early attention to the symptoms that indicate a too great fulness of the blood. It is important that a uniform condition of mind in the patient, light, cheerful rooms, pleasant faces, and all the mental comforts to be found, should be sought.

CHAPTER XII.

PRURIGINOUS ITCHING OF THE EXTERNAL ORGANS OF GENERATION, ETC.

PERHAPS one of the most annoying and troublesome complaints incident to women is a violent itching of the external organs of generation, extending, in some cases, to the anus. The violence of the complaint is sometimes so excessive as, in the words of Dewees, "to put decency at defiance," an irresistible desire to scratch the parts being continual.

It sometimes becomes even a source of general disease, from the constant irritation it keeps upon the nervous system.

If an examination is made we shall find the parts highly inflamed, and covered with a whitish, membranous-looking coat, resembling very much the sprue so frequently observed in young children. This complaint is really distressing from its persistence, and the constant strain kept up on

the nerves, causes irritability of the whole nervous system. Sleep is banished, and for a minor disease, there is nothing to be compared to it that occurs to the parts affected. It may occur immediately after marriage, and sometimes by the violence exhibited, affords grounds for suspicions that are with difficulty removed, thus becoming a source of family trouble as well as physical. This disease is without doubt contagious. A wife might convey it to her husband. The latter, as well as the former, should always bathe after coition.

A consolation, however, exists, as the disease is easily removed, and with a little advice its recurrence may be prevented. Cleanliness, tonics to give tone to the system, the administration of remedies particularly affecting the mucous membranes, and astringent washes, are all that is needed. But as each individual case demands its own specific remedies, anything more than a general outline of the treatment would be injurious, as it would induce patients to think one cure would be as applicable and certain as another, thus placing their reliance on a reed that would break in the trial.

CHAPTER XIII.

REMARKS TO NURSES ON THE MANAGEMENT OF LYING-IN WOMEN.

Not one nurse in ten, especially among those who deem themselves "experienced," from the fact of having attended more or less mothers, at the period of child-birth, exercises that care or common sense, so necessary to the well-being of the mother. Indeed in many instances the very "experience" of the nurse in continued bad habits or management around the sick bed, first induced by bad advice from some older nurse, perhaps, renders her little less than a tyrant, instead of the sympathizing and wise friend she should be. If discretion, patience and kindness are proper for one person more than another, in any avocation of life, they are eminently so in the nurse.

The writer will not dilate upon this point, but will simply add some few suggestions of a practical nature under this head.

As soon as the labor is well over, and the mother comfortably in bed, through the ministrations of the midwife, and the child has been permitted to nurse for a little while, and after so doing, the consequences of evacuation, both urinal and otherwise, which usually follow the nursing in a few minutes, have been removed, the child should be laid beside its mother, and the other small children of the family, if there are any, should be invited to visit the little stranger quietly. The writer is aware that this idea will not be concurred in by many nurses. But facts in her experience all go to show that such a course is not only generally pleasing to the mother, and so immediately conducive to her convalescence, but that it also tends to render the children less inquisitive and troublesome, and more quiet, insuring to the mother thereafter greater repose when needed.

Nurses should not neglect to bathe the genital organs of the new mother, at least three times a day, and for a period of five or six days, with *milk*, being careful always in so doing to use no violence. Every occasion of fright, such as occurs through the falling of chairs, plates, shovels and tongs,

and other moveables, should be studiously avoided. The nurse should also be always on the alert to supply every demand of the patient's appetite. It will not hurt her to eat whatever she demands. It is absurd to hold the mother in a state of semi-starvation, as is frequently done, through mistaken regard for her health. The nurse should also see that the mother enjoys fully as much light and air as she desires, taking care that currents of the latter are not allowed to blow over her.

The nurse should never exhibit the least impatience, by word or act, towards the mother or child. Any want of kindness to the child, in the mother's presence or knowledge, may prove injurious to the latter. If the child is petulant and disposed to cry, the nurse will find the leaves of the white poppy mixed with those of the catnip, a mild innocuous opiate. The crying of children should be relieved at once, if possible.

If the child has long spells of crying, ruptures of the bowels and other parts often occur, as all nurses well know. It would always be well for the nurse to provide, at the commencement of her duties, supplies of pepper, salt, vinegar,

sugar, etc., and keep them near her, to avoid the necessity of running for them when they are wanted, as they are continually The gruel for the patient is sometimes not salted enough, or not sufficiently sweet; the patient's head aches, and vinegar is a good mollient, etc., etc., hence the necessity of having the articles above named, and others, at hand.

Let no nurse take captious exception to these detailed rules, for we all need to be occasionally reminded of our duties. However, I think I hear somebody saying, "I don't want to be told by a "mid-wife how to nurse. I've nursed in 'the "first families' for twenty years, and if I don't "know how to nurse, I don't know who does." Nevertheless, the expectant and inexperienced mother, who reads this chapter, may rest assured that her own judgment and wants will generally be the best guides for her nurse. If either should have her way, in opposition to the other, let it be the mother, rather than the nurse, if she be in any tolerable condition of convalescence and consciousness.

The child should be bathed at first in water slightly warm; in fact, tepid baths should be con-

tinued through the period of nursing. It is a mistaken idea, which has become, however, quite popular, that the young child should be plunged in, and washed in cold water. The presumption among those nurses who use the cold bath, is that the child obtains vigor and strength by its use. But the idea is simply presumptuous. No more important consequence of bathing can result to the child than that of cleanliness, which the tepid water secures as well as the cold, if not better; and there is always danger of too violent action and reaction of the blood, under the regimen of the cold bath. The child neither needs, nor can well bear, this considerable action and reaction, like the adult. In fact, no one in health needs it; and the new born infant is more apt to enjoy health, than is any person in the more advanced stages of life. Let it be understood that no soap, nor much friction of the skin, is to be used in these baths, for at least the period of the first two or three months.

The umbilical cord should be kept moist with warm water till it sloughs off by natural action, which will occur in four or five days. After that, only sweet oil, on a clean linen rag, should be

used on the naval; the bandage used to keep the rag in its place should be only moderately tight. The child should have a dose of the best sweet oil given it, every morning, to the amount of a tea-spoon-ful, until it is six months old. The oil is nutritious as well as unctuous, and serves to support the child as well as to keep the bowels free and clean. Infants are usually too much deprived of oleaginous food. In consequence of such deprivation, scrofulous diseases of various kinds are often obtained, which continue through life. As well might you attempt to keep an iron vessel clean and free from the corrosive influences of oxygen, by simply using water without scouring it, as to keep the child exempt from scrofulous corrosion, so to speak, while withholding from it all oily foods. The child should not be allowed to nurse its mother longer than nine months after birth. After that period, in the writer's opinion, the mother's milk is not the proper food for the infant. It then craves stronger food.

Let the swathing bandages be removed about six weeks after birth. The child develops the more speedily and healthfully the more free it is

from the restraints of clothing. As soon as the child is able to sit, and creep about a little, it is well, in fact wise, to let it exercise itself on the *dry* ground, if practicable. Nothing is more conducive to its health and growth.

It will not be improper to say further to the nurse, that she cannot too carefully avoid tattling, and “carrying news from the kitchen to the sick-chamber.” No matter if the husband assuages his griefs during his lady’s confinement, now and then, by “poking fun” at the cook, or pinching the ears of the chambermaid; the wife has no need of knowing it. Women are extremely sensitive in child-bed, and not a little disposed to conceive and harbor foolish jealousies there, which prey upon them and seriously delay their recovery. Let the nurse, then, be true to her mission, and reserve her scandals for other times and places.

CHAPTER XIV.

SOME OBSERVATIONS TO MOTHERS, TOUCHING THE EARLY MORAL IN- STRUTION OF THEIR CHILDREN.

It need hardly be remarked that ignorance is a prolific source of the greatest evils. To know how to abate such evils we must first learn their causes.

Many mothers see their children of both sexes growing up about them, stricken with pains, troubled with restlessness, and complaining of daily increasing languor and want of vital force, the causes of which they are unable to determine. Even the physician himself often fails to detect the true causes when consulted, either through the wilful misrepresentations of the children, suggested by their shame, or his own too hasty examinations. But in cases of the character of those to which I allude, so stealthily, noiselessly and gradually do these troubles creep in upon the life of the child, that no serious alarm is

early felt and the physician is consequently not called till too late a day.

The ignorant mother, unsuspicious of the true nature of the facts, and confiding in what she believes to be the proprieties of *her* child, however apt she may be to discover improprieties in the children of others, feels that she is sorely dealt with by Providence, in the "afflictions" of her suffering child, and hopelessly looks upon its gradual decline, not unfrequently following it, at last, to an early grave. Particularly is this the case with young mothers who have themselves been carefully, but not altogether *properly*, bred; for the woman, before she enters upon the grave responsibilities of matrimony and maternity, cannot be too well informed as to the character and distinctions of the sexes, and all the ills and vices which both are subject to or may contract. A false delicacy, which is nothing less than actual immodesty, and obtains to no little extent in society, forbids the proper instruction of females in the facts of the existence of certain evils, to know which, in order to be able to avert them from her child, would be the greatest blessing to many a mother.

In the later years of the authoress' professional experience, the multiplicity and enormity of the most disgusting vices of many children have been almost daily brought to her notice. Years ago such vices were comparatively unknown in this country. We need not hesitate, after these suggestions, to say that we refer simply to those unnatural practices known generally by the terms "self-pollution," "masturbation," etc.

There is no age, however young, at which the child can be said to be fully exempt from temptation to enter upon the practice of these abhorrent vices. Servants often tamper with the passions of infants, and by frequent manipulations and titillations of their delicate sexual organs, (sometimes merely as a speedy means of tranquilizing them when restless,) directly induce them to habits of criminal self-abuse.

And if not led into temptation at an earlier day by the base trifling of nurses or others, the child finds among its school and play-mates older children ready to instruct it in vice. Those vices once contracted, continue to the fatal end in the majority of cases.

The writer has ample evidence, gathered in her

professional career, to demonstrate the lamentable fact that our boarding-schools and seminaries are, many of them, hot-beds of these abominable sins against health and decency. Children in this country were never surrounded by more temptations to these vices than now. Their danger is on all sides increasing, and it behooves the mother to be very watchful of her child. Her only sure course is to take upon herself, to the greatest possible extent, the care of her child in infancy, and trust as little to servants as she may; and after the child gets sufficiently old to go out to school, to watch it with unabating care, and on the first appearance of any inclination to the vices we speak of, hesitate not, through false delicacy, to solemnly, clearly, and as intelligibly as possible, point out to her child the horrid effects of such practices. Slight advice will not be heeded in such cases. The picture cannot well be too clearly drawn. Let no mother fancy she has done her duty to her child, who fails to be a whole and true mother at such a trying hour.

CHAPTER XV.

A WORD FOR THE COMFORT OF ELDERLY LADIES.

THE writer, herself advanced beyond a period of life which may be called "extremely youthful" (since she has entered upon the last decade of the "three score years, and ten") cannot consent to part with her readers without a word upon those good old "mothers in Israel," who are traveling down the path of life with her.

Old ladies are too apt to consider that they should observe a custom (more extensive, be it said, for the honor and good sense of general humanity, in the United States, perhaps, than in any other "civilized" country, and particularly, in the New England portion of these States), of assuming, soon after "the turn of life," garbs and marks of mourning, such as dresses of black, widows' caps, and other insignia of grief, over, as it were, their departed usefulness and state as

teeming mothers, and as if anticipating their own demise. They act as if they felt they must mourn for themselves, in fear that they, who are generally glad to "get the old folks out of the way," (mainly, though, because they will make themselves horrid and uncouth) would neglect the proper grief over their graves! They throw away their jewelry, pluck the roses from their hair, (if they have any) which they used to wear in youth, and which never fail to be beautiful and blessed, and lay aside their tasteful bonnets and robes, abridge their sensible pleasures of dancing, party-going, and joyful intercourse with the young—and take to "tea and tattling," in despair!

So long has this custom ruled, that the young have come to consider it a necessary infirmity of old age. But it is not so; I say it seriously. Even the poets, who ought always to be "physicians of the soul," sometimes become poisoned by this baneful custom. I noticed in a recent number of "The Home Journal," the particular friend of the ladies, and organ of the enchanting poet, N. P. Willis, this remark, "Gay costume for advanced life is like 'flowers wreathed around decay.'" This is facetious, perhaps, but unworthy

the poet. But we must forgive him "this once." There is no good reason why an old lady should seek to make herself miserable and repulsive to the young, but every reason, on the contrary, why she should not. Her larger experience should be given to temper the fire of youth, direct their reason, enlarge and ennoble their spirits, and cultivate their charity. This she cannot so well do, if she puts away every becoming ornament of her person as if she retains garments of artistic style, and appropriate and lively hues, and decks herself abundantly.

Those mournful, sombre and tasteless costumes beget a sort of morbidity in the wearer herself, which tends to disturb the pleasures of all about her. Let the old lady be as gay as possible, without being actually vain, and she will not only be happy herself, but make others so. Her health must greatly depend upon her own cheerfulness. Her poor old husband, too, if she has been fortunate enough to preserve one, (for something to occupy her "spare thoughts" about) has claims on her jollity. Let him be considered.

CHAPTER XVI.

THE PRIVATE HOSPITAL OF THE AUTHORESS.

THE desideratum of a private hospital for the accommodation of many ladies, who, although they might be possessed of abundant pecuniary means, could not secure to themselves at all times of need necessary conveniences and proper security from intrusion in their trials, presented itself to the authoress at an early period of her practice. A further consideration of the great advantage, both to herself as a practitioner of medicine and to the patient, of being able to independently command those means necessary to the well being of the latter, and which are frequently denied to the physician at private residences, and her own greater convenience for constantly watching and guarding her patients, induced the authoress, many years ago, to establish a private hospital for women. That hospital was con-

tinued for a period of twenty years. The large number of women who enjoyed its advantages, and went out from it in full strength, confident, that whatever misfortunes or ills might have led them into it, they all remained sacred secrets between themselves and the writer, would furnish the most abundant proof of the superiority of a properly conducted private hospital practice over any other form. But these persons may not individually be referred to, for obvious reasons.

Latterly, the authoress has opened another hospital more spacious than the former, and finds that the advantages of her old hospital were fully appreciated, from the still increasing number of her patients, recommended to her by her former patrons, they themselves not unfrequently returning to her for aid under new trials.

She pursues her own modes of practice learned in her long, extensive, and trying experience, every valuable observation made during which, she has endeavored to cherish in memory for the possible benefit of the suffering who may come under her charge.

She will note here, in passing, the single fact, which will be appreciated by many mothers, that

she has never in her practice had the misfortune to see a patient suffering with a broken breast who came into her private charge before the time of delivery ; and that she has cured great numbers of such cases to which she has been called to administer, and which occurred under the practice of others.

The authoress pursues the method of delivery, with such improvements upon it as she has been able to make, which was practised in the "good Old Scripture times." (See Exodus I. 16.) She deprecates the popular mode of literally "putting women to bed" at the time of delivery, except in the *very unusual* cases of necessity for so doing. In a former chapter, her "supporter" has been referred to. In her hospital she has all the convenient and abundant requisites of her practice in this respect. Giving birth to issue ought not to cause greater suffering to a woman, than to the more delicate of the lower orders of animals, which, all are aware, have no trouble worth mentioning. Proper treatment can abate a large amount of the pain attendant upon child-bearing in these days of a degenerate and false civilization, under the supervision of ignorant and unskillful physicians and midwives.

The authoress has not established her hospital simply for the benefit of lying-in women. She treats all diseases peculiar to women, or which they may have unfortunately incurred through the dissipations or wanton unfaithfulness of husbands, or otherwise, and gives her attention, as well, to women who are threatened with, or are forced by the malformation of their genital organs, or other cause, to resort to premature delivery. She believes that in view of the uncharitableness of general society towards the erring, it is fit that the unfortunate should have some sanctuary to which to flee, in whose shade they may have undisturbed opportunity to reflect, and hiding for ever their present unhappiness, nerve themselves to be wiser in the future. The true physician's soul cannot be too broad and gentle.

The authoress also pays attention to the diseases of children, in which she has had great experience, particularly to cases of irregularity of the menses (which cannot be too carefully and promptly treated), scarlet fever, measles, and hooping-cough.

CHAPTER XVII.

CONCLUSION.—HINTS TO MARRIED LADIES.

THE authoress of this little work, in conclusion, feels it her duty to say a few words to ladies in regard to the treatment of husbands and the management of households. She feels that she has erred in her duty to her family in earlier years, and brought upon herself many a serious trouble which might have been avoided had some judicious friend aided her by giving the advice which she now offers in the following pages, to mothers and wives.

There is much to be said to men also, for they often throw their happiness away, and bring their families into untold misfortunes from the neglect of little things which may seem to them too insignificant to be studied.

But the task of doing this belongs to some experienced and honest man, who shall act from a sense of duty and with a sincere desire to be a benefit to those for whom he writes.

The following remarks I intend entirely for those women whose husbands support them—those who do not unite with their household cares, that of gaining bread for their families.

When the wife has to support the family by her labor, as is not unfrequently the case, the whole order of things is reversed, she is both master and mistress of the house, and the husband is altogether an insignificant affair. Under such circumstances, when he cannot be captain he should try to be a good soldier.

It is a sad thing for a woman who has a husband too weak to command her respect. It is natural for a woman to look up to her husband, as a being, strong and independent; proud in his manhood; one of the race who has covered the sea with floating palaces—the land with mighty steam-carriages—chained the lightning in his hand and made it the servant of his will.

SUSPICION AND JEALOUSY.

When a wife gives ear to scandal against her husband, her first conjugal trouble commences. If she has not the dignity not the strength to say to the first tale-bearer, “Get thee behind me Sa-

tan," and to suspend her judgment of her husband until she feels that she has lost her place in his heart, then suspicion, with its "green-eyed" attendant enters and takes possession of her reason—one bitter quarrel succeeds another, until the white-robed angel of peace leaves the hearth and the heart to misery and disorder unceasing. A divorce may follow, and the hope of years turn to bitter disappointment.

What good can result from your listening to idle tales, and trying to search out your husband's every word and act when he is out of your presence? You cannot leave him—you have sworn before men and angels to be his wife, and all the divorces in the world cannot break that sacred covenant.

A wife should admire to see her husband gallant and courteous to all; and if, judging from his nature, she suspects that he flatters one or flirts with another, so long as he remains the same to her, why should she entertain mean suspicions and mar her domestic happiness? Better make herself so sweet and amiable in his eyes, that every flirt, (innocent or otherwise,) will badly stand comparison with the wife.

Distrust the friend who brings you scandal of your husband—if a man, he is probably seeking for hidden favors—if a woman, suspect that she entertains a secret and unlawful passion for him who is all the world to you.

But few words can be said here upon the subject. “A word to the wise is sufficient.” Rest in faith with regard to your husband until there is no longer room for doubt. Be the last person to believe ill of him whom you have so vowed to love—of him who is the father of your children, if you have any—and who is to be the stay and support of your declining years.

ECONOMY AND THE MANAGEMENT OF SERVANTS.

One of the first things a prudent wife will learn is the “length of her husband’s purse,” as the saying goes. Perhaps she has studied the subject somewhat before marriage, but now, without seeming to be too inquisitive or prying, she can learn his exact income, and proportion her personal and household expenses by it.

How many families have been broken up by a wife’s vanity and foolish extravagance! How many a wife by such faults has been deserted by

her husband, and at last forced to take refuge in her father's house. Alas! no longer a home to her, she cannot walk the floors with the same light joyous step of old. She cannot feel the sense of right that she had as a child—she is an incumbrance, and, if she has children, matters are still worse. When the old people have brought up one family of children, they do not want the care and responsibility of another.

The wife should firmly deny herself and her house every article which she feels her husband cannot afford. And how much greater the pleasure of such little sacrifices, than that arising from indulgence in luxuries with the constant worryment of unpaid bills, clouds upon the husband's brow, and perhaps ruin staring him in the face.

Another thing a wife should avoid is complaining to her husband when he returns from business—filling his ears with little domestic difficulties—how Biddy has been saucy to her, or persisted in doing things after her own fashion. Never carry these little annoyances to the husband. Drunkenness or thieving, only, are of sufficient importance to call for the interference of his authority. The husband has enough of

domestic responsibility in being the *master* of the house, without taking upon himself the duties of its *mistress*.

Generally the good housekeeper has good servants. Maintain a suitable dignity and your servants will respect you, and try to gain your approbation.

Finally, let every thing be orderly and quiet in the house, and the husband will spend a goodly share of his evenings there. Home, if it be worthy of the sacred name, is the most enchanting and seductive place on earth to him.

MANAGEMENT OF CHILDREN.

Much of the misery of married life results from the mother's ignorance of the proper government of her children. Many women seem to think this a sort of divine gift, which cannot be acquired. This is a great mistake. It is as much a subject of scientific law as the rearing of chickens; only of course it requires more study and nicer judgment.

In the first place the mother should take upon herself the responsibility of governing her children from their earliest years; and, guiding them

always with a tender but firm hand, she will obtain such a hold upon their respect—such a knowledge and control of their passions as will render the task of directing them in their more advanced years easy and pleasant.

The mother should never utter idle threats to her child. Her word must be law, and what she says entirely to be depended upon: therefore, how necessary to *mean* what you say,—to think before you speak. If you forget, the child will not forget—its memory of little things is much keener than yours; and at some future time he will disobey you from a trust that you will forget, or that a few hours will soften your anger.

Anger! How can a person of mature years, much more a parent, be really angry with a weak, dependent, trusting, loving little thing like a *child*? Grieved he may be, and almost broken-hearted over the sins and follies of a wayward one; weeping, he may cry like David of old, “Would to God I had died for thee! O, Absalom, my son! my son!”

And what so destroys a child’s respect for its parent as an exhibition of anger, and perhaps low-bred, brutal language? What are its secret

feelings for its mother as he hears her say, "*You little villain ! you'll catch it when your father comes.*" She who is too imbecile to correct her child for its stubbornness or disobedience, will generally, before the father finishes the whipping, seize his arm and pray him to desist ! And such a parent expects a child so reared, to be the comfort and stay of her old age !

There are many reasons why a father should not be called upon (except in very rare cases,) to punish a child for its disobedience in his absence. In the first place it shows the child that his mother is weak, and that she cannot control him ; and then it is a sad task for a father to commence belaboring a child whom he loves, when he comes home weary and tired from a day of toil and anxiety.

He who labors to support his family and to provide for his house, surely has a right to quietude and comfort when he returns to it.

Let us look at the poor laboring man, returning from a hard day's work with his tin kettle, soiled hands, and wet with honest sweat. Think you because less refined than the better fed and more indolent classes, he does not appreciate the

blessing of homely comforts? See how his rough face lights up as he beholds his tidy smiling wife surrounded by her dutiful, happy children. And if he possesses only a room and bed-room, an intelligent and frugal wife can make it worthy the name of home to him. His clean shirt and stockings are waiting for him—a basin of clear water for his accustomed bath, and just as he finishes his simple toilet, he sees the little table covered with its clean cloth and healthful decent food. He sits down with a blessing in his heart and with increased tenderness for her who is the presiding genius of his little home. “Tenderness” is a tame word. To a man like this, such a woman seems really divine. Her economy, her ability to get along so well upon his scanty earnings—to keep herself and the little one so neatly dressed, seems to him a miracle.

How often is it said “woman is just what man makes her,” and it might be also said with much truth, man is what woman makes him.

Would to God there were more women impressed with the sacredness of their “sphere”—of its extent and scope—would that the wife

and mother could know the magic influence of good or evil which lies at her hand. Were there more homes like the one here so rudely sketched, brothels and grog shops would be deserted by honest married men.

ORDER AND NEATNESS.

How often does one of the poorer class of laboring men, go home after a hard day's work in the winter's cold or beneath a burning summer's sun, and find no supper, the bed not made, the house in confusion, and his untidy wife surrounded by gossiping neighbors—the air, perhaps, redolent of bad beer or cheap gin! What wonder that he seeks a grog shop—swallows his three cent glass of poison in the shape of brandy or other liquor, and half crazed from the effects of this and a bitter sense of his wrongs, he goes home to abuse and perhaps beat his wretched wife, the cause of all his misery. Thank Heaven! there are few American women among this class of wives.

In any class of society, a badly managed household, disorder and want of neatness, are the prime causes of neglect and indifference in husbands.

Suppose the wife finds her husband really grow-

ing cold to her, that he seldom compliments her, or utters the endearing words which are so dear to the heart of the loving woman—spends his evenings less and less at home, and finally seems uneasy if he be not out of the house as soon as the evening meal is over. What will she do? Pour into his ears the tale of his inconstancy? Complain, exhort, denounce? Call him a “*brute*” and deluge him with tears? Yes, if she is as weak as many women are she will do this, and with what effect? The tears at first will be somewhat effectual, will call back a few of his pet words, a little of the old tenderness, and perhaps he will *pity* her! but the tenderness will not last—the desire to leave the house for amusement is not cured, and finally, her very tears will make him impatient, irritable and perhaps harsh. This is a sad experience for a woman and sometimes it may not be her fault; but in the majority of instances it results from the wife’s thinking that because she is married, her husband must love her always, as a *duty*. There is the great error. Love is not ours by *right*—tenderness is not bought by the marriage ceremony. We have *rights* in material things—the body may be pur-

chased by gold or dross, but *the soul must be won by charm.*

Make yourself always attractive to his eyes, and your home—poor though it be—a little paradise to his imagination. A wife should not be too prodigal of her caresses—if you throw diamonds in the streets by handfuls people will think them pebbles—so the husband that is continually caressed will often become satiated with caresses; unless, indeed, he be much inferior to the wife and his love for her boundless; but these are rare cases, and a wife should avoid palling upon the appetite of her husband as the death-blow to conjugal bliss. This fact cannot be too forcibly impressed upon the wife's mind; then if she keep herself tidy and charming as when he first sought her, how can her power grow less! When he first won her love did she leave anything undone to please his fancy? Did she meet him with soiled hands and dirty nails? Did her smile betray neglected teeth, and the displacement of her dress dingy linen and wrinkled stockings? Ah! she was very careful then. Think not that marriage will change the nature of a man—he will not be charmed now by what disgusted him then.

Wives should not forget the fact, that those unfortunate women who walk the street and sell their favors for money, (finding their victims too often among married men), do not rely upon their "made-up" faces and outward appearance, merely; they are most careful about the cleanliness of their persons, and especially of their linen. You see them raising their dresses as they walk, upon the slightest pretext, not to avoid the mud, but to display a neat ankle and snowy linen. And shall the husband find one of these more attractive, even in this respect, than his own wife!

What domestic miseries might be avoided if women would pay more attention to the fancies and tastes of men; though in this particular all men are the same—all men are attracted by the well ordered toilet of a woman, cheap though it be—by the general appearance of order, freshness and sweetness of everything that surrounds her.

